



12 Ways You Can Take A Stand Against Domestic Violence for Domestic Violence Awareness Month in October

1. Organize a vigil and a moment of silence on October 1st at 11am EST to remember the victims of domestic violence and/or contribute to the Remember My Name project (<http://www.ncadv.org/programs/remember-my-name>). Send us your event information (when, where, date, time, and link) and we will post it to our national event listing page.
2. Take a selfie or group photo and share why and how you are standing up against domestic violence. Use our printable sign <http://ncadv.org/TAS%20placard.pdf> and hashtags #tasncadv #STANDwithNCADV #takeastand and we will add you to our twitter feed, Facebook and Pinterest. Email your photos to mainoffice@ncadv.org.
3. Share what you have already done or are doing to stop domestic violence on our Facebook wall (www.facebook.com/supportNCADV) or post to your own social media with our hashtags #NCADV # #takeastand #STANDwithNCADV.
4. Contact your local media and lawmakers by calling, emailing or sending them a letter asking them to be aware and work for change. You can use our statistics at <http://www.ncadv.org/learn/statistics> to support your message.
5. Connect with a local domestic violence program and see how you can help. To find a program or shelter near you go to <https://www.domesticshelters.org/>.
6. Collect cellphones and start a cellphone recycling drive for free. Get info on how at: <http://www.ncadv.org/act/donate/donateaphone>.
7. Twibbon your facebook or twitter profile picture at: <http://twibbon.com/Support/communications-manager-2> or <http://twibbon.com/support/take-a-stand-with-ncadv-2/twitter>
8. Wear **Purple** and tell everyone why!

9. Mobilize your network and hold your own event. Use these resources: <http://www.ncadv.org/takeastandmain/get-involved>. Then, share your event with NCADV on social media using these hashtags #tasncadv #takeastand #STANDwithNCADV. Send us your event information (when, where, date, time, and link) and we will post it to our national event listing page.
10. Donate online to <http://www.ncadv.org/takeastandmain/contribute> or at Mobile Cause by **texting #takeastand to 41444** to help give domestic violence victims a voice!
11. Buy Take A Stand, NCADV and No More products to show what you stand for at http://shop.ncadv.org/shop_ncadv
12. Become an NCADV member and take a stand against domestic violence with us at: <http://www.ncadv.org/component/content/article/2-default/63-membership-benefits>

